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FOR IMMEDIATE RELEASE  
March 17, 2004

## **QUIT YET? MARICOPA COUNTY OFFERS FREE QUIT SMOKING CLASSES**

(Phoenix, AZ) Are you tired of smoking or chewing tobacco? Do you want to quit for good, but need help? Maricopa County Tobacco Use Prevention Program offers FREE quit tobacco classes at 35 locations throughout the Valley. Participants learn techniques to help them quit and get the support needed to stay quit. The classes are facilitated by Arizona Certified Tobacco Treatment Specialists. Participants also receive 50% off the retail price of nicotine replacement therapy, such as the patch or gum. **Call (602) 372-7272 today to register for free classes.**

### **Why Attend Quit Classes?**

- Learn techniques to stop using tobacco and to handle nicotine cravings.
- Learn how to stay quit and handle stressful situations without using tobacco.
- Gain support from others who are quitting.
- Learn how to manage weight gain through diet and exercise.

When you quit, your body starts to heal immediately.

- In 20 minutes, blood pressure and pulse rate return to normal.
- In 24 hours, your risk of heart attack decreases.
- In 1 year, excess risk of heart disease is half that of a smoker.
- In 5-15 years, stroke risk decreases to that of someone who has never smoked.

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